



COLCHESTER YOUTH BASKETBALL LEAGUE

Grades 3rd - 4th Boys & Girls Basketball League

RULES AND REGULATIONS:

Mission Statement: To provide the youth in Colchester with an opportunity to participate in a recreational basketball league, designed to encourage Sportsmanship and Participation within a positive learning environment.

1. START OF GAME:

- Coaches and players should be at the school 10 minutes prior to warm ups.
- Each team will be allowed an 8-minute warm up time beginning at the scheduled start time.
- Games will start 10 minutes after the scheduled time. **Example:** If the game is scheduled for 10:00 a.m., the tip-off will be at 10:10 a.m.
- Games will start when each team has at least **four** players present. Both team coaches will decide if a forfeit must be called. Teams would then be created with the present players from both teams and a game will be played.
- One game will be played at a time ó full court.

2. HOME TEAM:

- Home Team will be listed first on the schedule and wear ROYAL and the Visiting Team wears the WHITE side of jersey.

3. LENGTH OF GAME:

- Playing time shall consist of 4 quarters of 10 minutes running time.
- There will be a 1 minute rest period between the 1st and 3rd quarters.
- Halftime will be 5 minutes long. The coaches/officials may shorten the length to allow for the game to remain on schedule.
- All games must end no later than 5 minutes before the hour to maintain the schedule.

4. TIMEOUTS:

- Coaches will use timeouts to help teach and talk with players during the game.
- Timeouts should not be use for full team substitution.
- Teams will get 2 timeouts per game lasting 1minute in length.

5. SUBSTITUTIONS:

- Substitutions can be made during the game during any stoppage in play.
- Coaches will inform players when a substitution are going to be made and when they enter the game.
- Clock will stop at the 5-minute mark of each quarter for substitutions.

6. STOPPAGE OF CLOCK:

- Clock will stop on all time-outs.
- Substitution (Rule 4)

7. BASKETS & BALLS:

- Baskets will be adjusted to 9 feet.
- 28.5 inch balls will be used.

8. SCORE:

- Score *will not* be kept in our Grade 3 ó 4 basketball.

9. FREE THROWS:

- Free Throws will not be taking during games.
- Free Throws will be taught during practices.

10. PERSONAL FOULS:

- Our intentions are not to have children foul out of the games. Teach as they play and help them learn the right way to play the game.
- On a foul, the official/coach will stop play and award the opposing team possession for the ball.
- A player who continually fouls will receive a warning.

11. TECHNICAL FOULS:

- Technical fouls = Possession of the ball to the opposing team at half court.
- Technical fouls are slamming the ball, rude to an official or coach, altercation with another player, inappropriate language, etc.
- At any point in time the referees and/or coach may sit out a child for un-sportsman like conduct. Sportsmanship and safe play must be observed.

12. COURT RULES & VIOLATIONS:

- A team has 10 seconds to advance the ball to the front-court.
- Back-court violations will be called.
- Three seconds in the lane/paint will be called on the offensive end. Officials will remind players to keep moving.
- The court lines are considered ðoutö.

13. DEFENSE:

- Man-to-man defense will be played.
- No zone trapping or double teaming will be allowed.
- Players will be allowed to steal the ball from other players when they are dribbling or passing.
- Back court pressure *will not* be allowed. Stealing of the ball in the back court *will not* be allowed.
- The Defensive team must set up inside the paint/box until the ball crosses half court. Once the ball crosses the half court line, the defensive team may pursue to half court.

14. JUMP BALL:

- Will only be used to start the game.
- All other jump ball situations will refer to the possession arrow. (see rule below)

15. POSSESSION ARROW:

- The arrow will start by pointing to the team that lost the opening tip. Then it will alternate possession during the game. The team that lost the opening tip will receive the ball to start the second half.
- The team that has the ball at the end of the first and third quarter and will begin with the ball at the start of the second quarter and forth quarter.

16. OFFICIALS:

- Officials have the right to stop play to explain and teach the rules for the improvement of players and the program.
- Team coaches will officiate their own games (teaching while refereeing).

17. COLCHESTER PARKS & RECREATION

- The Recreation Department reserves the right to change the game time and half time in order to keep on schedule. If necessary, we may need to change or alter the game and practice schedule for school or town special activities or events.
- Our goal is to provide an enjoyable experience for our youth. We believe it is important for youngsters to play an exciting game of basketball, to have fun and leave happy. We hope that you, as a parent, coach or spectator remember that CYBL is for the CHILDREN not adults.